

Orthohealing Center, Los Angeles, USA

Innovative, non-surgical orthopedic treatments accelerate recovery

Maintaining an active lifestyle is key to the overall well-being of all of us. But when a rotator cuff tears while serving on a tennis court, or a knee inflames while jogging, that active lifestyle can come to a screeching halt. When that happens, many in the area of Los Angeles, California, pick up the phone and call Steven Sampson, D.O., of the Orthohealing Center, a comprehensive facility specializing in cutting-edge non-surgical orthopedics and sports medicine.

As a Physiatrist, Dr. Sampson is a Physician who focuses on the body's musculoskeletal system, which includes bones, joints, muscles, ligaments, tendons, and nerves. His holistic approach to healing focuses on treating the entire patient, not just the symptoms, and includes minimally invasive procedures that provide alternatives to surgery. Patient treatment emphasizes enhancement of the body's natural ability to heal itself by combining time-tested treatments, state-of-the-art

technology, with the use of Bauerfeind supports. Dr. Sampson finds this combination leads to exceptional patient compliance, resulting in faster healing. With a medical practice that treats about 1,000 patients a month, many of them elite athletes – NBA basketball players, Olympic athletes, major league baseball players and more – as well as a bunch of former professional champions and accomplished amateur and recreational athletes, Dr. Sampson sees

a whole host of injuries. From cartilage and tendon disorders to arthritis and nerve and spine issues, patients, some as young as 16 and others as mature as 103, all come with one purpose in mind – to heal and get back to being active as quickly as possible.

Redefine boundaries

"We treat patients who are so active, they redefine the boundaries of what they should and shouldn't be doing," said Dr. Sampson.

"We've got senior surfers, drag racers, women's basketball players, even a 70-year-old senior Olympic pole-vaulter. Take away their activity and they get agitated. They need motion to stay balanced and healthy. That's why it's important that their treatment is as minimally invasive as possible, so they can get back in the game." The doctors at Orthohealing Center coordinate a team that may include other physicians and health professionals such as neurologists, rheumatologists, physical therapists, acupuncturists and orthopedic surgeons. Together, they decide what treatment is best for the patient and how it will be delivered.

Great results with PRP and BMC

Along with conventional treatments, innovative treatments, such as platelet rich plasma (PRP) and bone marrow concentrate (BMC), are now becoming more mainstream. In fact, many savvy patients who do their own research actually ask for it, even though it is considered experimental and not covered by insurance. "We're finding great results with PRP and BMC throughout the body. Ankle injuries and rotator cuff injuries of the shoulder do exceptionally well with this treatment. Knee meniscus tears combined with rehab also do well. The most challenging regions to improve are hip joints with arthritis," said Dr. Sampson.

Knee brace was a game changer

Dr. Sampson values the feedback of his "pioneering patients," who often share information they have read about in the community regarding new therapies. In fact, he first learned about the benefit of Bauerfeind braces from one of his patients. "He came in wearing a Bauerfeind knee brace and told me how much it had helped him. He said it was a game changer. We had the company demonstrate the product and then tried it with several patients. We got great feedback," said Dr. Sampson.

Today, Bauerfeind supports and braces play a big role in the treatment of Dr. Sampson's patients, with about 25 percent using them. The GenuTrain knee brace is the most frequently used, followed by the MalleoTrain



MalleoTrain and GenuTrain are the Bauerfeind products Dr. Sampson uses the most frequently. The supports are designed to restore mobility and improve performance. They are made from an anatomically knitted breathable fabric with visco-elastic inserts. As the joint moves, they provide a therapeutic massage and support. This stimulates the circulation and promotes the healing process.

ankle brace. Dr. Sampson says that the product's workmanship, support, soft feel, precise fit, and light weight are especially attractive to his patients. "They also like the fact that

the braces reduce swelling, provide support, and allow them to heal faster. That's what they want, to be able to return to their active lifestyle," said Dr. Sampson.

Steven Sampson, D.O.,

Diplomate of the American Board of Physical Medicine and Rehabilitation, was among the first in the United States to publish research on healing with the use of platelet rich plasma (PRP) that continues to lay a foundation for further biologic-based therapies. He has also created educational and hands-on training materials regarding musculoskeletal ultrasound that continues to educate thousands of physicians.

The Orthobiologic Institute (TOBI), launched by Dr. Sampson in 2009, promotes the development of best practice in the field of regenerative medicine. Attended by 50 doctors five years ago, 400 physicians now attend the institute that discusses biologic-based medicine. Veterinarians, surgeons, plastic surgeons, Ph.Ds, and other doctors gather to network with biologics experts from around the world to learn the latest research, procedures and protocols. www.prpseminar.com.



With his research on PRP, Steven Sampson, D.O., is one of the pioneers of new non-surgical methods.

Pictures: Bauerfeind

The Orthohealing Center, Los Angeles, California

Dr. Sampson founded the Orthohealing Center in Los Angeles, California, a comprehensive state-of-the-art facility specializing solely in non-surgical orthopedics and sports medicine. He created The Orthobiologic Institute (TOBI), and chairs and moderates a world-class annual regenerative medicine symposium, featuring the foremost experts in tendon and cartilage disease. For more information, visit: www.orthohealing.com.



Further information

See **page 39** for contact information for **Bauerfeind USA**.